

**Principles of Health
HLTH 1900
Spring 2014**

Doryce Judd

(940) 565-2629

PEB 209B

Email: Doryce.Judd@unt.edu

Office Hours: Monday and Wednesday, 1:00 pm – 2:00 pm (all other times by appointment)

Course Description: Personal health problems of humans, knowledge, attitudes, and behavior related to responsible healthful living.

Required Text:

Lynch, A., Elmare, B., Kotecki, J. (2013). *Health: Making Choices for Life (14th Ed.)*. Pearson.

Communication

I will be using blackboard Learn as the format for class announcements, assignments, and calendar notes. Please use the email Doryce.judd@unt.edu to correspond with me electronically. Of course, I am available during office hours or before and after class for any face to face communication.

It is the responsibility of the student to know the times and places of class meetings. If the time or place changes during the semester, you will be notified via blackboard announcements.

Assignments and Student Learning Objectives

Identify personal health problems of humans; knowledge, attitudes and behavior that is related to responsible healthful living

Exams (100 points)

Three Exams: Students will have **the entire class time** to complete each exam. Failure to take exams on the scheduled date and time will result in a grade of zero unless the student has made arrangements with the instructor *prior* to the class period.

Exam 1 – Chapters 1-4

Exam 2 – Chapters 5-9

Exam 3 – Chapters 10,11, 13, & 18

CHALLENGE assignment

The challenge assignment is to fully implement the HLTH 1900 *MEAN GREEN 5K AND FIELD DAY* event and do an evaluation of the project. The class will break into groups to ensure this challenge is a huge SUCCESS!!!

Evaluation Policy	Point Value
Exam 1- 3	300 (5 @ 100 pts each)
Service learning	150
Health insurance	100
Total	550

Grades:

A = 495-550
B = 440-494
C = 385-454
D = 330-384
F = 329 and below

Acceptable Student Behavior:

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.unt.edu/csrr

Student Responsibilities:

It is your responsibility to come to class prepared, which includes completing all online learning modules, assignments, and readings. If you have questions or need help with content of the course, it is your responsibility to seek help and guidance. I am willing to help in any way within my limits as an instructor. Additionally, it is your responsibility to be respectful of the learning environment. Any behavior that is disruptive will not be tolerated.

Academic Integrity

Academic integrity emanates from a culture that embraces the core values of trust and honesty necessary for full learning to occur. As a student-centered public research university, the University of North Texas promotes the integrity of the learning process by establishing and

enforcing academic standards. Academic dishonesty breaches the mutual trust necessary in an academic environment and undermines all scholarship.

The Student Standards of Academic Integrity are based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of all allegations of student academic dishonesty, the University's actions are intended be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Publication of academic standards is an essential feature of the University's efforts to advance academic ideals and to protect the rights of the University community.

Participation and Attendance

Class discussion and group activity is an important aspect of the learning process.

Every student must make an effort to participate in group assignments and discussions.

Education is an incredible experience and is a privilege.

In order to fully engage in the class, attendance is essential. I encourage you to attend class every scheduled class time. If you are unable to attend, please let me know ahead of time. If you are late and miss a scheduled exam, you will not be allowed to retake the exam unless you have received prior approval. **Tentative** Outline for Class Topics and Readings

NOTE: prior approval does not cancel out your absence. It will however allow you to make up any missed assignments.

Leaving class early or coming in late is disrespectful to the class. Please refer to “**Acceptable Student Behavior**” in a previous paragraph and the Student Code of Conduct. **Sleeping during any portion of class will be counted as an absence.**

American Disabilities Act:

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

FERPA

The University of North Texas ("UNT" or "university") affords all students the rights and protections relating to their education records as provided in the *Family Education Rights and Privacy Act (FERPA)*. Consistent with FERPA, students will be granted access to their education record and except in limited circumstances education records will not be disclosed without a student's consent.

Every student has the right to expect confidentiality of grades. The instructor will make every effort to ensure the privacy of all assignments.

Tentative Schedule

This schedule is tentative!!!! Changes will be posted in the blackboard calendar. “Flexible as needed” does not mean class is canceled.

	Topics	Readings
Week 1 Jan. 14	Syllabus – Semester expectations Introduction to Health Promotion	
Jan. 16	Chapter 1 – lecture Activity – What are <u>your</u> challenges?	Health in the 21 st Century: New Challenges, New Choices
Week 2 Jan. 21	Chapter 2 – lecture Activity – Optimism Challenge	Psychological Health: Maintaining the Mind and Spirit
Jan. 23	Chapter 3 – lecture Activity – Stress assessment	Stress Management: Coping with [College] Life
Week 3 Jan. 28	Chapter 4 – lecture Activity – Sleep patterns and YOU	Sleep: Repairing Your Body, Recharging your Mind
Jan. 30	Review for Exam 1	Exam 1: Chapters 1-4
Week 4 Feb. 4	Exam 1	Chapters 1-4
Feb. 6	Chapter 5 – lecture	Nutrition: Food for Life
Week 5 Feb. 11	Insurance assignment is due Activity – Insurance game	

Feb. 13	Chapter 6 – lecture	Physical Activity: For Fitness, Health, and Fun
Week 6 Feb. 18	Chapter 7 – lecture Activity – Video	Body Image, Body Weight: Achieving a Health Balance
Feb. 20	Chapter 8 – lecture	Compulsive Behaviors and Psychoactive Drugs: Understanding Addiction
Week 7 Feb. 25	Review for Exam 2	Exam 2: Chapters 5-8
Feb. 27	Exam 2	Exam 2: Chapters 5-8
Week 8 March 4	Activity - service learning assignment	Working together for a difference
March 6	Service learning assignment day	We will NOT meet in class
Week 9 March 11	SPRING BREAK	University is Closed
March 13	SPRING BREAK	University is Closed
Week 10 March 18	Part 2 – Epidemiology and Health Promotion Handout - Not in your text book!!!	
March 20	Chapter 9 – lecture	Alcohol: Choices and Challenges
Week 11 March 25	Chapter 10 – lecture Video	Tobacco: A clear and present Danger
March 27	Chapter 11 – lecture Activity: What is YOUR risk?	Diabetes and Cardiovascular Disease: Reducing your Risk
Week 12 April 1	Chapter 12 – lecture	Cancer: Choices for Prevention
April 3	Chapter 13 – lecture	Immunity and Infection: Breaking the Chain
Week 13 April 8	Service Learning assignment is due Review Exam 3	Exam 3: Chapters 9-13
April 10	Chapter 15 – lecture	Sexuality: Your Body, Your Choices

Week 14 April 15	Chapter 16 – lecture Activity – STD game	Sexually Transmitted Infections: Protecting Your Health and Fertility
April 17	Chapter 18 – lecture Video	Choosing Parenthood: Pregnancy, childbirth, and the Challenge of Infertility
Week 15 April 22	Chapter 19 – lecture	Consumer Health: Options in Health Care
April 24	Chapter 21 - lecture	Environmental Health: Protecting Yourself and Your world
Week 16 April 29	Chapter 22 - lecture	Embracing Change: The Gifts and challenges of Aging
May 1	Evaluation of learning and the changes in YOU	Assessment of change
Week 17	Finals week	